Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

RECEIVED
DEC 5 - 1932
U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Wednesday, December 14, 1932.

(FOR BROADCAST USE ONLY)

Subject: "More Questions." Information from the Bureau of Home Economics, U. S. D. A.

----o----

One of my listeners inquires in a recent letter if possibly I'm not spending too much time trying to answer all my letters over the air. Perhaps I'd better explain about those letters. If I tried to answer them all I'd be talking twenty-four hours a day and then some. Even so I wouldn't get a third of them answered. You see, they come in by the hundred, I can only hope to answer a few very special questions in my chats, but each one of your letters gets an answer. Each one goes back to Washington to a specialist at the U. S. Department of Agriculture and the specialist replies to you by letter. But whenever several letters come in all asking the same subject and whenever that subject seems to me one that would interest a good many of my listeners, then I try to take it up in my chats.

For example, here's a question from one of my friends in Salina, Kansas that I think many other housekeepers would like to hear me answer. The question is: "What are some good ways to prepare and serve canned hominy?"

Hominy is one of our good, inexpensive cereal foods made from corn. It comes in the form of coarse hominy called samp or finer hominy called hominy grits. At a very small price you can buy samp canned or simply cooked. And you can prepare and serve it either as breakfast cereal or as the starchy vegetable at a meal, much as you do boiled rice. One very nice way to fix it is to heat it in the upper part of the double boiler with salt for seasoning and milk added. Just before serving, add butter. Left-over hominy you can brown with fat in the skillet. Fix it like hashed brown potatoes, using a pancake turner to turn it over.

Another way to fix hominy is to scallop it with grated cheese and bread crumbs. Take a baked macaroni and cheese recipe and substitute hominy for the macaroni. Cooked hominy is also good served with meat and gravy. As I said, you can serve it much as you do rice.

This holds true also for the finer kind of hominy, known as hominy grits, which you cook yourself. Hominy grits are good as breakfast food. Or you can slice cold, left-over hominy and fry it in a skillet, and serve it with maple syrup or honey or jam. You can also serve this fine hominy as a vegetable like rice.

Remember the talk we had on Monday about giving variety to the breads you serve? Well, here's a question that came up the minute that talk was over. How do you substitute sour milk and soda for sweet milk in a quick-bread recipe?

In any of the quick breads mentioned you can use either sweet milk or sour milk. That holds true for muffins, biscuits, and so on. Now, if a recipe for biscuits or perhaps muffins, calls for 1 cup of sweet milk and 4 teaspoons of baking powder, use instead 1 cup of clabbered milk. Then use a scant 1/2 teaspoon of soda and two (instead of 4) teaspoons of baking powder. The modern way with quick breads of this type is to use the same amount of either sweet or clabbered milk, some baking powder for leavening, even when you are using sour milk and soda.

So much for questions. Now for the menu. The Menu Specialist has planned an inexpensive lunch or dinner for a winter day. The main dish is pork chop suey served with hot, flaky boiled rice. Then, lettuce salad served in a large bowl with tart cooked salad dressing. For dessert, Orange shortcake. And here's the recipe for orange shortcake. Seven ingredients.

2 cups sifted flour
4 teaspoons baking powder
3/4 teaspoon salt
1 tablespoon sugar
4 tablespoons fat
3/4 cup milk or enough to make a soft dough
3 oranges

I'll repeat this list. (Repeat.)

Mix and sift the dry ingredients. Cut in the shortening with a biscuit cutter, or, rub in lightly with the finger tips. Make a well in the flour and fat mixture and add the milk gradually and stir from the center with a fork, until a soft dough is formed. Knead very lightly until the dough is well mixed. Pat with the palm of the hand until a sheet about one-half inch thick. Cut with a large biscuit cutter. Bake in a moderately hot over (400° F.) for 12 to 15 minutes or until light brown. While hot split and butter and put in the oranges prepared as follows, between the short cake.

Remove the skins and all of the white possible, reserve 1 orange and cut in the same number of slices as there are biscuits.

Cut the two oranges into small pieces, reserving the juice. To the juice add a small quantity of sugar and cornstarch which have been well mixed and cook for about 3 minutes stirring all the time. When thickened add the cut oranges and a little salt. Mix well and put between the layers of the buttered shortcake. Place an orange slice on the top of each and serve at once.

--o--

Tomorrow: "Christmas Toys."